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Liberals vow no deficits in platform

ELECTION The Liberal party yesterday promised to cut taxes while boosting social spending over the next four years, and vowed that the federal budget would remain in surplus if it wins power.

The costing was part of the Liberals' four-year plan, released yesterday, which includes a new $40-billion carbon tax designed to cut greenhouse gas emissions, coupled with what the party claims will be offsetting income tax cuts.

The Conservatives say the environmental plan could drive Canada into recession, especially since the U.S. slowdown is already hurting the domestic economy.

• For more details on the Liberal platform, see Metro's election coverage on page 7.

REUTERS/METRO OTTAWA

Election 2008 pg 7
• **Lawrence Martin's National Report**
• **Dion says Green Shift is revenue neutral**

Your Money pg 10

Your guide to cruising in a recession

Lifestyle pg 15

Sex, politics and monkeys

Transit debate **Protesters rally for parkway**

ETIENNE RANGER/FOR METRO OTTAWA

Protesters rallied outside the Nepean Sportsplex last night to demonstrate against options for a light rail system along the Ottawa River Parkway during an open house on the proposal. The Save the Parkway group fears the loss of green space if the future LRT becomes part of the route and urged visitors to sign a petition against it. Story, page 3.

Life terms for youth?

Conservatives seek stiffer penalties for murders by teens

Stephen Harper played the Conservative party's law-and-order card yesterday, seeking to tap into Canadians' fear of gang violence and street crime by proposing a crackdown on youth offenders.

Accusing previous governments of being soft on crime, Harper said, "We have been going in the wrong direction for 30 to 40 years in this country and it is going to take some time to get this turned around."

Under his proposed law-and-order legislation, for the first time in modern Canada judges would have the option to sentence youths aged 14 and older to life in prison if they are convicted of first- or second-degree murder.

Harper would also legislate tougher sentences for other violent youth crimes, such as attempted murder, manslaughter and aggravated assault.

The law would also change to allow the public to know the names of youth convicted of serious crimes.

Campaigning in Ottawa, the prime minister said society's understanding of the negative effects on young people from living in poverty or broken homes shouldn't outweigh justice.

"While I can feel terrible sympathy for those kinds of situations, once a person goes down the route of murder, rape, beatings, killings — none of that becomes an excuse for that behaviour."

He said concerns about poverty's impact on youth crime is the reason that the Conservatives have improved financial support for families through the baby bonus and would raise federal support for the Youth Gang Prevention Fund to $10 million a year — a $6 million increase.

Liberal Leader Stephane Dion slammed the Conservatives for copying the "right-wing" approach of the U.S.

"Americans are an ally but they are not a model, certainly not this kind of Republican approach," Dion said.

TORSTAR NEWS SERVICE

Youth crime

• Harper said he is determined to push through the youth offenders crackdown if the Tories are re-elected, even with a minority government.

Man shot after going to inspect gun noise

TRACEY TONG
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DEATH A man who stepped outside to investigate a gunfire-like noise on his property Sunday night was later discovered shot dead on his farm in rural St-Sixte, northeast of Ottawa.

Quebec provincial police said yesterday they are not ruling out any possibilities in the "suspicious death" of Albert Legault, 71. There was speculation yesterday that the man may have been hit by a hunter's stray bullet, or even shot by someone associated with a marijuana grow-op.

"We have a lot of hypotheses, but we don't know what happened exactly," said Surete du Quebec Const. Melanie Larouche.

Legault had gone outside to investigate a noise that sounded like a gunshot near his Montee du Gore home just before 7 p.m. Sunday. When he failed to return, a family member went out to look for him and discovered the man face down in a field at the back of the house, Larouche said.

The man had been struck with a bullet, Larouche said, adding, "The victim was brought to a hospital in Buckingham where the death was confirmed."

Police would not reveal what type of gun was used.

"We can't reveal it (to protect the investigation)," Larouche said.

A canine unit and a police helicopter were on scene yesterday to aid police.

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Police seeking male flasher
Ottawa police are seeking a male suspect believed responsible for several indecent exposures in the city's west end over the last four months. The latest reports stem from two similar incidents in which a man exposed himself to teenaged girls on Fisher Avenue on Sept. 3 and Sept. 15. OTTAWA POLICE

Ottawa

Young animator takes fest prize

Ottawa animator Will Inrig, left, a Canterbury High School student, was chosen as the winner in the High School Animation Category at this year's Ottawa International Animation Festival that ended Sunday. Inrig's debut animated short film, The Depose of Bolskivoi Hovhannes, edged competitors from Canada, U.S, South Korea and Sweden in the category. OIAF

Gas bar cam puts police on suspects' trail

ARRESTS A man and woman are in police custody after a gas bar was robbed early yesterday morning.

Gatineau Police say that at about 1:20 a.m. yesterday, a couple entered a Petro-Canada gas station on St. Raymond Boulevard, where the man brandished a knife and demanded money from the clerk.

Both the man and woman ran away with about $120 they took from the cash register.

After reviewing surveillance tapes, police recognized a 19-year-old woman allegedly involved. They found an address for the woman on an old police report and arrested both suspects soon afterwards.

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What's online today.

Read Allan Small break down last week's Wall Street drama and Guidy Mamann on the perils of delayed refugee claims at www.metronews.ca/live
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Parkway rail route protested

TIM WIECLAWSKI
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Light rail into the western half of Ottawa is still likely a decade away, but one community group is fighting now to ensure that tracks are not laid along the Ottawa River Parkway.

Members of Save the Parkway protested outside the city's final transportation open house at the Nepean Sportsplex last night, demanding that the parkway be removed as the preferred route for a western LRT.

"Our group is trying to say … take it off the plan and start looking at other alternatives that you haven't — once and for all," said member John Moore.

Moore argued that the western parkway was never intended to be a transit route. The original plan, he said, had called for buses to travel from the Transitway to lanes along Richmond Road and Byron Avenue, to Lincoln Heights.

However, transit committee chair Coun. Alex Cullen said building the Transitway along the original route would prove too costly for a five-kilometre corridor between Westboro Station and Lincoln Fields.

"… take it [the parkway] off the plan and start looking at other alternatives that you haven't — once and for all."
Protester John Moore

"There is a misconception that light rail along the parkway would bring fences and gravel roadbeds, but that's the last thing the city wants. We want to retain as much of the greenery as possible, but you just can't ignore the public investment at Scott Street and Lincoln Fields," he said.

The parkway is National Capital Commission property. While the federal body has not ruled out tracks, it has asked the city for more studies to determine whether it is the right place for rail.

"Ridership is one thing, but also the vocation of the parkway and how it would be integrated into the current landscapes," said Kathryn Keyes, with the NCC.

Carleton prof looks to kick chlorine

TIM WIECLAWSKI
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Strict new federal regulations will restrict the amount of chlorine in wastewater runoff by 2010, but a Carleton University professor is at the forefront of finding an environmentally friendly alternative.

Dr. Onita Basu, a professor of civil and environmental engineering, will oversee Canada's first full-scale study into the use of peracetic acid to treat wastewater as an alternative to chlorine.

Basu says there's good reason for limiting it in wastewater run-off, since too much chlorine kills marine life and can be carcinogenic in humans.

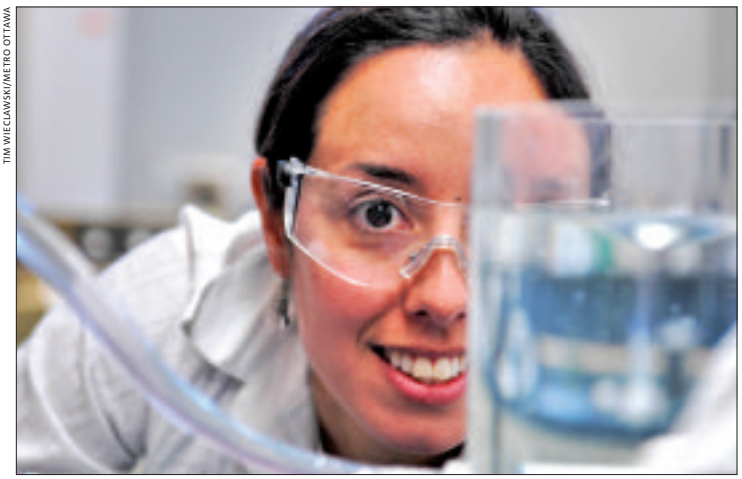
"Peracetic acid is great because it functions the same as chlorine without the need for a massive expensive overhaul to the facility," she said.

Partnering with the Region of Niagara, Basu has completed a series of pilot lab tests, then larger tests at a treatment facility and has finally won provincial permission for a full-scale, three month test.

"It's more expensive, but it usually needs a small concentration to effect the same amount of microbial disinfection, while being much less toxic than chlorine."

Chlorine is a cheap and effective disinfectant, but she said technology has progressed far enough to switch to something more environmentally friendly.

TIM WIECLAWSKI/METRO OTTAWA



Carleton University's Onita Basu will oversee Canada's first full-scale study into the use of peracetic acid to treat wastewater, as an alternative to chlorine.

Painkiller suspected in jail death

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INQUEST A 28-year-old inmate at the Ottawa-Carleton Regional Detention Centre had a "potentially fatal concentration of oxycodone painkiller in his body when he died 18 months ago, an inquest into his death heard yesterday.

At the opening day for the inquest for Tariq Shah, who died on Mar. 23, 2007 while an inmate at the detention centre, Ottawa Hospital forensic pathologist Dr. Christopher Milroy said the deceased had oxycodone in his system but was otherwise a "fit, healthy person."

Shah had been transferred from Millhaven two weeks before his death. Around 5 a.m. on Mar. 23, Rileo Gutierrez, a corrections officer, heard "a loud banging" coming from F wing, where Shah was housed.

When he and another officer investigated, he saw Shah's agitated cellmate. "He said, 'I don't know what's wrong with Tariq, help him,'" said Gutierrez.

An autopsy showed that Shah's lungs were filled with fluid, an effect linked to oxycodone, a painkiller with similar clinical effects as morphine.

"In my opinion, the cause of death is related to oxycodone," said Milroy.

Medical staff at the correction centre said Shah was not prescribed morphine or oxycodone. When asked by counsel where Shah may have gotten the drug, Milroy said he couldn't comment on it.

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Woman killed after colliding with dump truck

A 50-year-old woman from Val-des-Monts is dead following a head-on collision with a dump truck in Outaouais yesterday. Police say Micheline Ouellette lost control of her vehicle. CTVOTTAWA.CA

Vandals a sign of election time

TIM WIECLAWSKI
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It could be a sign of things to come, but damaged campaign material is causing headaches for Ottawa Centre candidates.

Yesterday, Conservative candidate Brian McGarry expressed dismay at the number of election signs that have been ruined or stolen just weeks into the campaign.

"I have never seen this sort of theft and vandalism before, either in my elections as a school trustee or as a regional councillor," said McGarry.

Over 100 of McGarry's signs have been vandalized or stolen. He was even aware of someone who had witnessed two people remove his signs and replace them with an opponent's. He declined to identify the opponent, but said the incident had been reported to police.

Vandalism is an issue in every election, said Ottawa Police Const. Al Boucher.

"Some people feel anybody can remove a sign, because it's public property, but that not true," he said. "They belong to the party … and are there with the permission of the property owner."

Emily Watkins, campaign manager for Paul Dewar, said the NDP have also incurred damage, but don't believe they're being targeted. "We've had quite widespread damage of signs. (But) my impression is that it's hitting all the campaigns equally."

Sign crews for Green Party candidate Jen Hunter have spent as much time replacing signs as they have erecting new ones, said campaign manager Anouk Hoedeman.

Nic Moyer, the campaign manager for Penny Collenette, released a statement yesterday reiterating the Liberals' commitment to running a respectful campaign.

One less car **Pedal power**

TIM WIECLAWSKI/METRO OTTAWA

Bay ward councillor Alex Cullen hoists a bicycle during a city Car Free Day event to promote incentives for Ottawans to get out of their vehicles. For example. ECOPASS holders can now participate in VRTUCAR's car sharing program without a $500 deposit.

Work dispute locks clinic doctors out of offices

LABOUR Hundreds of Ottawans visiting an Orleans medical clinic yesterday were forced to see another doctor, or no one at all, after a labour dispute locked two doctors out of the building.

Officials from AIM Health Group said they locked the two doctors out of the Orleans Boulevard clinic yesterday after talks between the two parties failed late Sunday night.

Dr. Assanassios Faltas and Dr. Catherine Marks said they've been unhappy at the clinic and gave their notice to leave last month. The pair had hoped to work until the end of November, and wonder who will care for their patients.

"I have no chart results. They are coming in here, not to my house. How can I function and who is responsible for the patients?" Faltas said.

AIM's lawyer, Arnold Schwisberg, said most staff members at the clinic have threatened to quit over misconduct issues with the doctors. CTVOTTAWA.CA

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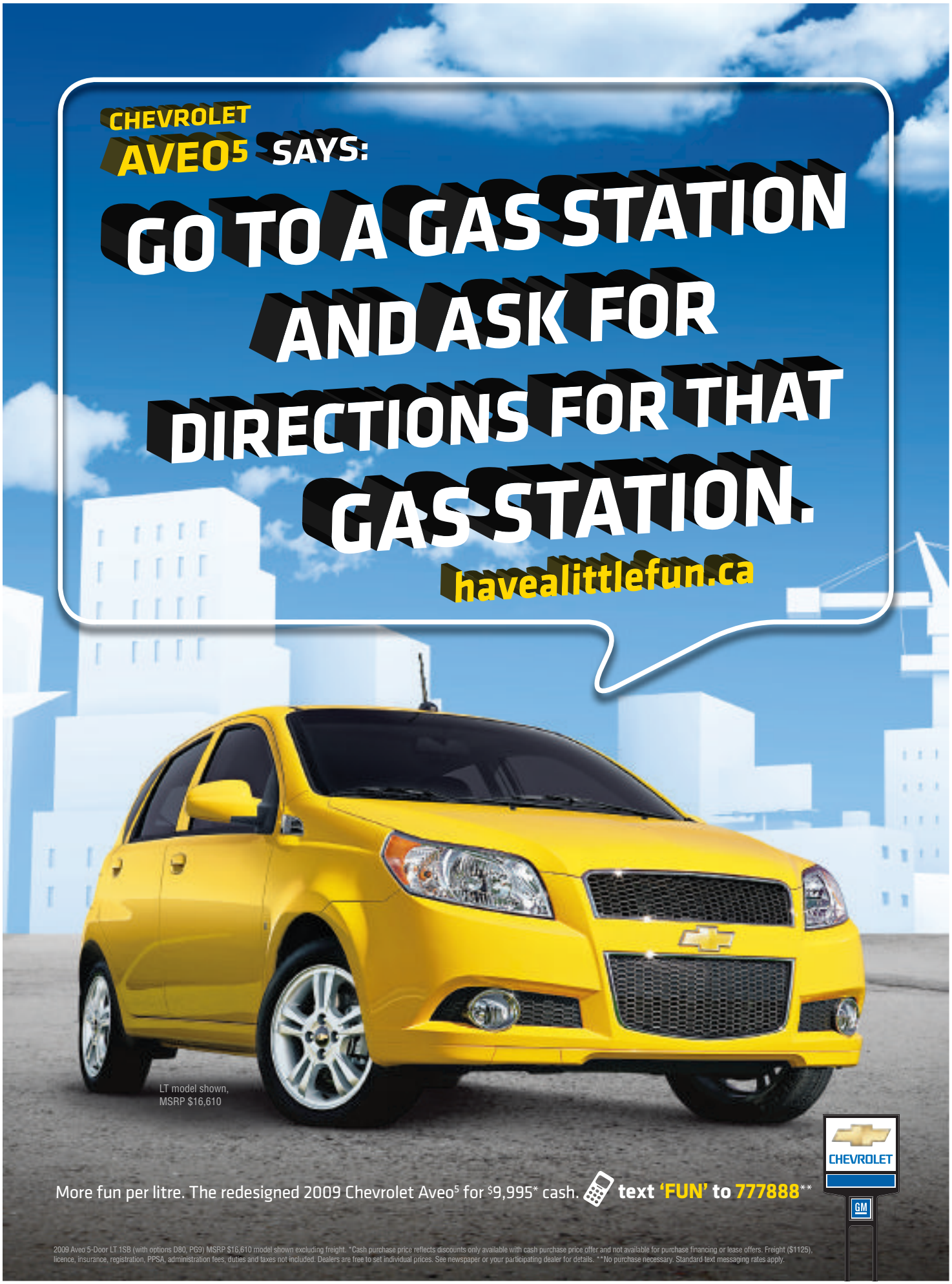
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Police may have bought ticket for suspect in Greyhound stabbing

A man arrested for allegedly stabbing a Greyhound passenger on Sunday was put on the Ontario bus by police hours before the attack, passengers said yesterday. David Wayne Roberts, 28, of Manitouwadge, Ont., is in police custody following the stabbing. Wawa municipal police said it had helped a man obtain a bus ticket earlier Sunday. SOURCE: CBC NEWS ONLINE

Canada

Deserter can stay for now

U.S. army deserter Jeremy Hinzman and his family were granted a last-minute stay of deportation yesterday by a Federal Court judge while the court decides whether to hear their appeal. Hinzman, 39, his wife and two young children asked for the stay while the court decides whether to review a decision by Citizenship and Immigration officials not to let the family remain in Canada. SOURCE: CBC NEWS ONLINE

Meltdown hits home

Canadians stressed about economy, but experts say to relax

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It adds up, then it takes away. A few extra cents for bread, a little more for gas, higher insurance fees — all part of the ever-increasing cost of living.

But it's not really about cost of living, it's about quality of life. More money for the essentials means less for the fun stuff — vacations, dining out, lower-bowl seats at a concert.

And Canadians are concerned, more concerned than ever given the financial meltdown in the U.S.

According to an exclusive worldwide Metro readers poll, 65 per cent of Canadians are worried about the cost of living. That makes us the third most stressed nation, behind Portugal (83 per cent) and the U.S. (82).

"Every five years, 10 years, there will be some circumstance ... and you'll panic and call me and think your world is coming to an end, as usual." Rhonda Sherwood

According to experts, the worry is warranted.

"A lot of what's happening on the world scale right now has really affected one's quality of living, and inflation is a huge part of that," said financial planner Rhonda Sherwood of ScotiaMcLeod in Vancouver. "So I do see that as a concern."

The cost of living is the biggest financial-crisis concern Canadians have, according to the poll. About 36 per cent are worried about their savings, ranking Canada fourth of the nine countries surveyed. We're fifth when it comes to concerns over job loss (16 per cent).

On the bright side, most respondents think their money is safe for now, but are monitoring the situation, placing Canada fourth (58 per cent). Thirty per cent of us have total confidence and plan to change nothing, putting us fifth.

As for advice on how to handle the crisis, Sherwood says having a diverse, quality portfolio is the way to go. And relax.

"Every five years, 10 years, there will be some circumstance out there that will happen and your money will take a huge drop, and you'll panic and call me and think your world is coming to an end, as usual," said Sherwood. "I've been in this industry 20 years — it happens over and over again.

"What you're feeling right now is the emotion of the market. But long term, you're fine. Long term, it's a good time to be buying right now — that's what I'm doing."

A total of 2,255 readers participated in the poll, including 130 Canadians.

Quebec Car Free Day

CHRISTINNE MUSCHI/REUTERS

Bloc Québécois leader Gilles Duceppe, centre, participates in World Car Free Day in Montreal yesterday. The city closed a large area of downtown to traffic from 9:30 a.m. to 3:30 p.m.

Election hard on political families: Krieber

POLITICS The mud, tar and occasional puffin poop slung during a federal election can be rough on a politician's family, the wife of Liberal Leader Stéphane Dion said yesterday.

"It was painful at the beginning," said Janine Krieber, Dion's wife, in Vancouver yesterday. "You just ignore it. You have to."

Krieber said the attacks and negative personal campaigning are common among families of people seeking public office.

JEFF HODSON/METRO CANADA

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Election 2008

Uncle Sam and the bridge to nowhere

National**Report**

The state of the American union? You don't want to think about it. But as Canadians, we have no choice.

Wall Street? A basket case. Weapons of mass destruction all over the place.

Deficit and debt? Off the charts.

Housing market? Shambles.

Dollar? Falling.

Energy dependency? Worse than ever.

Global reputation? The pits.

Quality of presidency? A lead candidate for worst in history.

War and peace? Iraq, Afghanistan. Osama still at large.

Culture? Increasingly trashy.

Sarah Palin, John McCain's Veep pick, keeps talking about the bridge to nowhere. She might be on to something.

With George W. Hopeless as president we knew their public sector was being turned into a wreck. Now we're discovering that the financial titans of the private sector are darn near in the same league.

Canadians who like to think we do things better up here will be feeling vindicated. We are spared the aforementioned afflictions. But there are obviously other things to be considered, starting with the pocketbook. The United States has been our bridge and if it's collapsing the consequences will reverberate loudly.

What to do? First is to realize that our days of wholesale dependency on the United States are over. Forget about that old-styled bilateralism. The loosening of the bonds is already underway. For the first time in a century our exports to the U.S. are steadily diminishing. The border is not disappearing as John Turner once predicted. Washington's security paranoia sees it being ramped up. Presidential candidates are bashing NAFTA.

Canada has come of age, is less colonially minded, is greatly empowered by its energy resources. Huge new markets are out there. It's time, finally, to get the eggs out of one basket.

As it has in the past, America will eventually get back on its feet. But unlike the last half-century, when it had no challengers to its paramountcy, a new megapower, China, is emerging. The old order, as we knew it, will never return.

Given our economic dependence on the U.S., that's a danger. But it's also an opportunity. A chance to be less beholden, to diversify, to build new bridges, to chart our own way.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

BLAIR GABLE/REUTERS

Liberal Leader Stéphane Dion announces his party's campaign platform yesterday in Ottawa.

Green Shift is revenue neutral, Dion promises

Liberal Leader Stéphane Dion is asking Canadians to trust him with a campaign promise to take $40 billion from their pockets in the form of a carbon tax and give it back in tax cuts.

That pledge is at the heart of the Liberals' election platform unveiled yesterday, a strategy that attempts to woo voters with new spending programs and tax cuts totalling $55 billion over the next four years.

But Dion gave his word that his party's Green Shift strategy — which would hike the cost of fossil fuels — would be revenue neutral.

"Some politicians are sincere. I (have) never broken my word. At the end of the day Canadians will vote for the one they may trust," Dion said.

Despite ambitious multi-billion-dollar campaign promises, Dion insisted yesterday a Liberal government would balance the books thanks to various initiatives, including the carbon tax that would bring in $40 billion in revenues and $12 billion in so-called government efficiencies.

TORSTAR NEWS SERVICE

News in brief

ARRANGEMENT NDP Leader Jack Layton is keeping an open mind about working with the Liberals if that's what it takes to topple Stephen Harper's Conservatives. Repeatedly refusing to rule out any arrangement with Liberal Leader Stéphane Dion, Layton yesterday said voters want a "mainstream" approach after more than two years of right-wing government.

HALIFAX The failed Conservative candidate for the Halifax riding is now without a job and being investigated by her charity for "financial irregularities." Rosamond Luke stepped down as a Tory candidate when it was revealed she had been convicted of uttering death threats. All Women's Empowerment and Development Association chair Brenda Saunders/Todd says Luke lied to them by saying the threats were due to her divorce.

INVESTIGATION The RCMP and Canada's electronic counter-espionage agency have been called in to investigate after someone sent out two fake e-mails under the name of Stephen Harper to subscribers of the prime minister's website mailing list.

METRO NEWS SERVICES

21 days remain until the 2008 Canadian federal election

Saturn's rings may be older than thought: Study

Saturn's rings may be more massive and older than previously thought, researchers said yesterday. Findings to be presented at the European Planetary Science Congress in Germany bolster the possibility that the rings were formed billions of years ago. REUTERS

World/Business

Tourists seized in Egypt

Gunmen kidnap 19 people, including 11 Westerners

Masked kidnappers have taken 19 people hostage, including Western tourists on safari in a remote desert border area of Egypt, and whisked them over the frontier into Sudan, Egyptian officials said yesterday.

The kidnapping was the first of its kind in Egypt in living memory, though Islamic militants have hit the country's tourist industry in recent decades with bomb and gun attacks that have killed hundreds.

Security sources said the kidnappers were demanding $8.8 million US to free the hostages, identified as five Italians, five Germans, a Romanian and eight Egyptians. They said there was no sign that militant Islamists were involved.

"They have been kidnapped and they have been moved outside the Egyptian borders by four criminals who have kidnapped them," said Tourism Minister Zoheir Garrana. "This is a gang act (by) masked men."

Garrana told Egyptian television the kidnappers were "most likely" Sudanese.

There were contradictory reports about the fate of the hostages. Egypt's foreign minister, Ahmed Aboul Gheit, said at the United Nations that the tourists had been freed and were safe and sound, but officials later said that was not the case.

"It is premature to say they are released. The negotiations are still continuing," cabinet spokesman Magdy Radi said. Egypt's state news agency MENA also said talks were still under way, citing an unnamed official.

MENA reported that the tourists had spent the night of Sept. 16 in a hotel in Dakhla oasis in Egypt's Western Desert before heading out toward the Gilf al-Kebir national reserve. They had been due to reach another oasis on Saturday to end their tour, but never made it. REUTERS

Nearly 13,000 in hospital as China milk crisis spreads

HEALTH The number of Chinese infants sick in hospital after drinking tainted milk formula doubled to nearly 13,000 and the country's top quality regulator resigned yesterday in the latest blight on the "made-in-China" brand.

Four deaths have been blamed on the toxic milk powder, which causes kidney stones and agonizing complications.

The official Xinhua news agency said in a brief statement that the country's quality chief, Li Changjiang, had quit in light of the case.

"Li was the highest ranking official brought down so far by the dairy product contamination scandal," it said. REUTERS

Testing

- Brunei, Singapore, Malaysia, Hong Kong, Taiwan, Japan, Bangladesh, Gabon, Burundi and the Philippines are some of the countries testing Chinese dairy products or pulling them altogether.

Thailand 'Ruff' sailing as flood waters rise

SUKREE SUKPLANG/REUTERS

A woman takes her dogs to safety through flood waters yesterday in Thailand's Lopburi province, about 150 kilometres north of Bangkok. Flash floods have damaged rice fields in northern Thailand recently but it is too early to say how the main crop will be affected, officials say.

News in brief

AFGHANISTAN Taliban insurgents have abducted more than 140 labourers involved in the construction of a military base in Afghanistan's western province of Farah, the provincial governor said yesterday. Gov. Rohul Amin added that authorities were trying to negotiate their release.

PAKISTAN Gunmen kidnapped Afghanistan's top diplomat to Pakistan yesterday after killing his driver, underscoring worsening security in the nuclear-armed country two days after a suicide bomber killed 53 people.

MURDER Four Sudanese men accused of killing a U.S. aid worker funded the murder with a donation from a Saudi Arabian man and money left over from a failed bomb plot, the Sudanese police's chief investigator told a court yesterday. The four men are charged with murdering John Granville, 33, and his driver, Abdelrahman Abbas Rahama, 39. REUTERS

Business

Bailout doubts

Industry debates plan's viability

The planned $700 billion US bailout to shore up the battered U.S. financial system looked set to drag into next week as Washington lawmakers haggled over how exactly they could make Wall Street pay for its rescue.

Stocks and the U.S. dollar tumbled yesterday as emerging details of the plan left many players skeptical that the rescue — which would give the Treasury Department powers to buy up toxic mortgage-related debt from financial groups — would work.

"The big detail we want to know is how is the government going to buy these securities, and what they will pay, how that reverse auction will work," said Giri Cherukuri, head trader at OakBrook Investments. "And the big question is: 'Will this bring us out of the woods?'"

As America's last two big investment banks, Goldman Sachs and Morgan Stanley, secured Federal Reserve approval to become commercial banks yesterday, all eyes shifted to Washington.

Regulators start a second day of hearings today to hasten approval of the bailout. REUTERS

CEO pay cuts?

High CEO pay is the hot issue as lawmakers propose buying up toxic mortgage securities and banks, whose executives are among the highest paid in corporate America despite big losses.

Business in brief

WIRELESS Tight debt and equity markets mean Canada's wireless-sector newcomers, which won spectrums in this summer's auction, could be delayed due to difficulty securing financing, industry experts say.

ECONOMY Canadian retail sales inched up 0.1 per cent in July, their slowest pace since March, a sign that consumer spending is slowing due to high prices and the economy.

DEPARTURE Sallie Krawcheck, head of Citigroup Inc.'s wealth management unit, will step down from the company. It's not yet clear why. REUTERS

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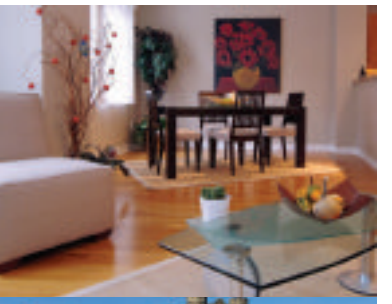

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Solace in a recession

With gas prices on the incline, the job market on the decline and signs of the real-estate market softening, a feeling of discouragement is to be expected.

As times get tougher, reigning in our spending and paying down our debt should be our first strategy when it comes to fighting recession. However, in the face of adversity, there is always opportunity. In true Smart Cookie style, we have chosen to focus on the silver lining of this black financial cloud. Below are some tips on ways you can capitalize on our current financial climate:

Stock Up On Small Cap Stocks

Drops in the financial markets may present opportunities for your investment portfolio and educating yourself around some of the best prospects for investment can be as easy as looking to the past.

Recent research by MZ Capital Management found that three years after the past nine recessions, small cap stocks outperformed large cap stocks by nearly 50 per cent. This comparison looked at the performance of the S&P 500, which reported an average return over a three-year period of 28.2 per cent versus 76.2 per cent for the Fama/French Small Cap Value benchmark portfolio.

Cruise prices are at a three-year low, one spokesperson said.

Of course, before making any investment decisions we recommend that you do your research, speak to your financial planner or someone you know who is knowledgeable when it comes to investing.

Get Onboard Cruise Travel

Even amid soaring fuel prices, the cruise industry has been offering competitive packages to entice North American travellers to get into cruise travel. If you are looking to get away, why not take advantage of one of these deals? Many cruise lines are even offering discounted or free airfare as well as the option for kids to sail free. A spokesperson at Expedia CruiseShipCenters says that cruising prices are at a three-year low, with current deals available for as little as $500 for a Royal Caribbean Cruise.

Renovation Jubilation

Although the assessed value of your home may not be as high as it was a year ago, now may be a great time to consider renovations. Sound crazy? In a softer economy, wait times on construction projects generally drop and tradespeople, who are more likely looking for work, are often willing to barter.

According to the Consumer Association of Canada, home renovations and repairs are the one area where we are likely to see prices decrease instead of just freeze.

Questions? E-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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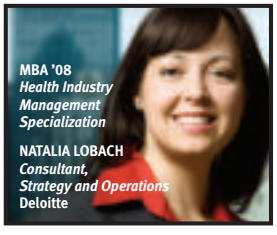

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Stocks: Risky business

MoneyMatters

My wife and I have several thousand dollars invested in Guaranteed Investment Certificates. This will be used to buy our first home. GIC interest rates are low. I believe we can get greater returns in the stock market. Many stocks have historical returns of 10 to 15 per cent. My wife disagrees and wants nothing to do with them. Is this the right time to buy Canadian stocks while they are low? Vince

These are very tumultuous times.

Last week's stock market rollercoaster ride is a reflection of uncertainty in the market. The U.S. financial meltdown has global implications and isn't restricted to North America.

Speculation in the current market is not for individuals that cannot afford to lose a large portion of their investment. With our so-called stock experts reeling and baffled, this may not be a place for an unsophisticated investor. Most stock experts agree that investors in the market should not panic to sell if they are in for the long-term.

GICs are not exotic or adventurous as stocks but the interest is guaranteed and principal safe. If you need your savings in the short-term, the stock market is not for you.

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Money-saving tip
Going to the computer lab on campus can take a lot of time and printing there can be costly. Make printing easier and affordable by having an all-in-one printer in your room. NEWS CANADA

Student ¢ents

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

by the numbers

Drinking can have both financial and social consequences, a new report shows.

Not only can tying one on get expensive, it can have serious social consequences. A U.S. report released in 2007 by the National Center on Addiction and Substance Abuse at Columbia University, the result of four years of research, revealed the following:

- 1,717 deaths from unintentional alcohol-related injuries in 2001, up 6 per cent from 1998.
- A 38 per cent increase from 1993 to 2001 in the proportion of students injured as a result of their own drinking.
- A 21 per cent increase from 2001 to 2005 in the average number of alcohol-related arrests per campus. In 2005, alcohol-related arrests made up 83 per cent of campus arrests.
- 97,000 students were victims of alcohol-related rape or sexual assault in 2001.
- 696,000 students were assaulted by a student who had been binge drinking in 2001.

– CONSUMERAFFAIRS.COM

No money? No problem!

Students can still have fun if they're broke: Experts

BRIAN TOWIE
brian.towie@metronews.ca

One way to have fun with your friends without spending money is to get together to play organized sports, such as flag football.

The weekend's on its way and you're looking for something to do. You open your wallet to find nothing but pennies and lint. What now?

To rephrase a rap song by the late Notorious B.I.G.: No money, no problems. Fun doesn't always mean you have to spend cash. There are various ways to fill your social calendar, possibly without dropping a dime. You just need to show a little ingenuity and keep your ear to the ground.

"Having no money can be a good thing for people who want to have fun, because it forces you to think outside of the box, to come up with new ideas," said Sam Gruszecki, director of strategic initiatives at Meet Market Adventures, an event-planning service for singles. "It's all about being creative, and if everybody's having fun they appreciate it that much more."

Instead of throwing around your dough, you can try the following, according to Gruszecki: Play board games in the park, build sandcastles on the beach, ferment your own alcohol, get people together for organized sports like flag football or build a birdhouse.

One of the best ways students can save money is to skip the alcohol and go for coffee with friends instead, experts say.

Even the arts can come cheap. Indie bands and budding actors often perform at local pay-what-you-can venues, a much more cost-effective way to see live theatre or music than paying more than $100 to see a big-name production. You'll find listings for these events in local free papers and your local campus newspaper.

"There are a couple of key things you can do. Pick up one of those free papers that heavily cover the local entertainment scene — they're full of listings of things to do for people who have next to no money," says Chris McGrath, student affairs representative at the University of Toronto's Mississauga campus. "Early in the semester there might even be some free festivals going on in your city; you can have a look around. Also check your campus paper for what's new: You can find out about any new clubs or organizations."

Students are getting wiser with their cash, says McGrath, and one of the best ways to save it is to not drink. He says that more often, in the interest of preserving their funds (and their livers), undergrads are opting to leave the hooch out of the fun.

"The average weekend for a student might run between $20 to $40; it really depends on what they're doing though. Times have really changed. We're finding that students are getting wiser with their money," he said. "Booze is expensive. Pubs are rapidly becoming a kind of community centre for students, spaces where students are choosing not to drink. They might have a coffee and chat all afternoon."

"Having no money can be a good thing for people who want to have fun, because it forces you to think outside of the box."
Sam Gruszecki

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Thousands attend Ron Lancaster funeral

Thousands attended the memorial service for CFL legend Ron Lancaster in Hamilton yesterday. Lancaster died last week at age 69, only a month after announcing he was battling lung cancer. METRO NEWS SERVICES

Sports

2010 World Cup mascot unveiled

The mascot for the 2010 World Cup in South Africa was unveiled in Johannesburg yesterday, with Fifa opting for a leopard named Zakumi, left, for the showpiece football tournament's first visit to Africa. The name is a composition of "za," which stands for South Africa, and "kumi," which translates into 10 in various languages across Africa.

METRO NEWS SERVICES

EDITOR: SPORTS@METRONEWS.CA

Nick Faldo facing intense criticism

RYDER CUP While European Ryder Cup captain Nick Faldo has been widely criticized for some of his decisions at Valhalla Golf Club, he has been strongly backed by one of his predecessors, Tony Jacklin.

Nick Faldo

"I don't think he did anything wrong," Jacklin said yesterday less than 24 hours after Europe had suffered their first Cup defeat in nine years with a 16-1/2 to 11-1/2 loss to the United States. "I think the Ryder Cup was a very successful event and it is in very good shape after what happened at Valhalla. The best team won and Paul Azinger turned out to be a very good captain."

REUTERS

Sens tripped up in N.Y.

Henrik Lundqvist stopped all 12 shots he faced in two periods as the New York Rangers edged the Ottawa Senators, 2-1, in preseason action.

Veteran Petr Nedved and Lauri Korpikoski lit the lamp for the Rangers, who finished last season as the fifth seed in the Eastern Conference.

Matt Zaba allowed a goal on 10 shots in the third period to finish off the victory. Dean McAmmond accounted for the Senators' only goal, while Alex Auld faced 30 shots and stopped 28 through 40 minutes for Ottawa. The Sens topped the Rangers in both teams' respective preseason openers on Saturday.

Jeff Glass did not allow a goal on eight shots in the third period.

METRO NEWS SERVICES

JIM MCISAAC/GETTY IMAGES

Nick Foligno of the Ottawa Senators is tripped up by Brian Fahey of the New York Rangers yesterday at Madison Square Garden in New York City.

Sports in brief

MONTREAL Vladimir Sobotka and Marco Sturm each tallied twice as Boston crushed Montreal, 8-3, in the preseason opener for both clubs at Halifax Metro Centre. The Bruins broke open a 1-1 tie by scoring four times in the second period, including a pair with the man advantage.

PHILADELPHIA Steve Downie scored twice as Philadelphia topped New Jersey, 4-1, in the preseason opener for both teams at Wachovia Center. Mike Richards and Downie scored one minute, 36 seconds apart late in the first period to give the Flyers a 2-0 lead, a lead they did not relinquish.

TORONTO The Toronto Maple Leafs got off to a surprising start as they defeated the Buffalo Sabres, 7-4, in front of their home crowd. Dominic Moore had two goals and Carlo Colaiacovo had a goal and an assist in the Leafs win.

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Shockey out three to six weeks
New Orleans tight end Jeremy Shockey will undergo sports hernia surgery this week, keeping the Saints' new offensive target out three-to-six weeks, the team confirmed yesterday. **METRO NEWS SERVICES**

CFL has a messy week

YorkReport

Marty York
marty.york@metronews.ca

The CFL has provided better football this season than it has in years, possibly decades, but this past weekend was less than winsome for the league.

In fact, it was downright disastrous. All four games produced negative story lines.

Consider:

Friday night: The Tiger-Cats lost to the Winnipeg Blue Bombers in Hamilton after botching a snap on a short field-goal attempt in the dying seconds. Not a bad game, especially for greenhorn backup Quinton Porter, who'll likely replace Casey Printers — the CFL's highest-paid player — as Hamilton's starting quarterback.

Paul McCallum

Thing is, the Ticats made a terrible choice to black out TSN's game broadcast in parts of Southern Ontario, preventing the area's viewers from seeing an emotional farewell to CFL legend Ron Lancaster, who died last week, as well as tributes to Doug Flutie, Michael 'Pinball' Clemons, Mike Pringle and other luminaries inducted into the Canadian Football Hall of Fame in Hamilton.

"Black out any game you want," said Mike Morreale, marketing chief for the CFL Players Association, "but not when we're honouring the men who made this league."

Saturday night: The Argonauts were thoroughly dominated by the Stampeders in a 34-4 rout in Calgary. Four measly points is inexcusable in the high-scoring CFL. And painfully dull.

Since Don Matthews resurfaced as the Argos' coach, his team has been outscored 73-13 in two games. Pathetic.

A not so hot streak

- Don Matthews has lost eight of his past nine games as a CFL head coach. On Saturday, his Argonauts are in danger of losing their third consecutive game by 30 points. The Calgary Stampeders are 10-point favourites in Toronto.

Saturday night: The Lions were beating the Roughriders in Saskatchewan when fans decided to pelt beer cans at the B.C. bench. The team left the sidelines briefly.

The CFL is investigating and likely will beef up stadium security. As well, it'll start penalizing home teams for fans' misconduct of this nature.

"Even (Lions receiver) Jason (Clermont is) embarrassed to say he was born and raised (in Regina)," B.C. kicker Paul McCallum said. "I don't know what the fans are thinking. It's a football game. We're on the sidelines trying to work. Can you imagine if I go to some guy's work and … start firing projectiles at him? Where's the common sense? I don't get it."

Sunday: The Eskimos fumbled five times and equalled the Argos' ineptitude by producing a mere four points against the Alouettes in Montreal's 40-4 slaughter.

Coach Danny Maciocia called his team's performance "terrible" and its worst since he joined Edmonton in 2002.

Also terrible was the fact the game was aired on TSN2, which isn't carried by English Canada's largest cable distributor, Rogers.

Mind you, considering what a fiasco this mismatch was, perhaps depriving so many viewers from watching it was the most positive development for the CFL on the weekend.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Sports in brief

NFL Washington Redskins veteran defensive end Jason Taylor is expected to miss at least one game after undergoing surgery yesterday to repair a calf injury

NBA Shareef Abdur-Rahim, a 12-year NBA veteran most currently with the Sacramento Kings, announced his retirement yesterday.

METRO NEWS SERVICES

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
y-Tampa Bay	93	62	.60	—
w-Boston	91	65	.583	2½
New York	85	71	.545	8½
Toronto	83	73	.532	10½
Baltimore	67	88	.432	26

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	86	69	.555	—
Minnesota	84	72	.538	2½
Cleveland	79	77	.506	7½
Detroit	71	84	.458	15
Kansas City	71	86	.452	16

WEST DIVISION

	W	L	PCT	GB
x-L.A. Angels	96	59	.619	—
Texas	75	81	.481	21½
Oakland	74	81	.477	22
Seattle	57	98	.368	39

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
Philadelphia	89	68	.567	—
w-New York	86	70	.551	2½
Florida	81	75	.519	7½
Atlanta	69	88	.439	20
Washington	58	98	.372	30½

CENTRAL DIVISION

	W	L	PCT	GB
x-Chicago Cubs	95	60	.613	—
Milwaukee	85	71	.545	10½
Houston	82	73	.529	13
St. Louis	80	75	.516	15
Cincinnati	73	83	.468	22½
Pittsburgh	65	91	.417	30½

WEST DIVISION

	W	L	PCT	GB
L.A. Dodgers	81	75	.519	—
Arizona	78	77	.503	2½
Colorado	71	85	.455	10
San Francisco	70	86	.449	11
San Diego	61	95	.391	20

(w — teams currently holding wild-card spots; x — clinched division title; y — clinched play-off spot)

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Cleveland 4 Boston 3
Kansas City 6 Detroit 2
Tampa Bay 4 Baltimore 2
Oakland at Texas
L.A. Angels at Seattle

NATIONAL LEAGUE
Cincinnati 7 Florida 5
Philadelphia 6 Atlanta 2
Chicago Cubs 9 N.Y. Mets 5
Arizona at St. Louis

TODAY'S GAMES

AMERICAN LEAGUE
Tampa Bay at Baltimore, 5:05 DH
Cleveland at Boston, 7:05
Kansas City at Detroit, 7:05
N.Y. Yankees at Toronto, 7:07
Oakland at Texas, 8:05
Chicago Sox at Minnesota, 8:10
L.A. Angels at Seattle, 10:10

NATIONAL LEAGUE
Atlanta at Philadelphia, 7:05
Chicago Cubs at N.Y. Mets, 7:10
Florida at Washington, 7:10
Cincinnati at Houston, 8:05
Pittsburgh at Milwaukee, 8:05
Arizona at St. Louis, 8:15
San Diego at L.A. Dodgers, 10:10
Colorado at San Francisco, 10:15

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	8	4	0	16
Winnipeg	4	8	0	8
Toronto	4	8	0	8
Hamilton	2	10	0	4

WEST DIVISION

	W	L	T	PTS
Calgary	8	4	0	16
Saskatchewan	8	4	0	16
Edmonton	7	5	0	14
B.C.	7	5	0	14

WEEK 14

FRIDAY'S GAME
Edmonton at Winnipeg, 8

SATURDAY'S GAMES
Calgary at Toronto, 7
Hamilton at B.C., 10

SUNDAY'S GAME
Saskatchewan at Montreal, 1

NFL

WEEK 3

LAST NIGHT'S GAME
N.Y. Jets at San Diego

WEEK 4

SUNDAY'S GAMES
Arizona at N.Y. Jets, 1
Minnesota at Tennessee, 1
Denver at Kansas City, 1
San Francisco at New Orleans, 1
Atlanta at Carolina, 1
Cleveland at Cincinnati, 1
Green Bay at Tampa Bay, 1
Houston at Jacksonville, 1
Buffalo at St. Louis, 4:05
San Diego at Oakland, 4:05
Washington at Dallas, 4:15
Philadelphia at Chicago, 8:15

MONDAY'S GAME
Baltimore at Pittsburgh, 8:30

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Busy lifestyle getting you down?

Five-star babies?
Australian fertility specialists aim to ease the stress out of making babies by combining their clinic with a five-star luxury resort, complete with a spa and masseurs. REUTERS

Health

Drink fewer...

One soft drink a day — even the sugar-free kind — jacked up blood pressure risk by 18 per cent, according to a 2007 study published in Circulation. Its author, Harvard Medical School instructor Ravi Dhingra, says the high caramel content in some soft drinks may promote blood vessel inflammation, which in turn increases blood pressure. High caffeine and taurine levels in energy drinks are also known to elevate heart rate. BEST HEALTH MAGAZINE/BESTHEALTHMAG.CA

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

If the shoe fits ... or doesn't

Some opting for cosmetic surgery on feet

JUNKO KIMURA/GETTY IMAGES

The shoes of actress Sarah Jessica Parker, who is famous for wearing the type of glamorous shoes and boots some women get cosmetic surgery to fit into.

CELIA MILNE
for Metro Canada

Are you longing for a pair of high-heeled, pointy-toed boots for fall? Wish you had Sarah Jessica Parker's slender tootsies?

Use common sense to figure out whether those sexy boots in the store window are realistic for you.

Foot surgeons, especially in the U.S., are reporting that women will go to extreme lengths to get their feet into glamorous boots and shoes.

The most radical operations are toe shortening, foot narrowing, toe amputation and injecting silicone into the ball of the foot to add more padding.

Orthopedic surgeons generally don't do foot surgery unless the patient is in pain or can't function properly, but that doesn't stop some women from asking for purely cosmetic foot surgery. "Patients really want it. They will deal with the pain afterward. They want to wear that shoe," says Dr. Donald Bohay, a spokesperson for the American Foot and Ankle Society and an orthopaedic surgeon in Grand Rapids, Mich. "We don't operate willy-nilly, we want to make sure the benefit is worth the risk."

The problem is, he says, is "to make the foot prettier, you make it worse."

Risks of foot surgery include infection, nerve injury, pain, deformity and swelling that can last as long as six months.

"Patients really want it. They will deal with the pain afterward."
Dr. Donald Bohay, American Foot and Ankle Society

"It doesn't make sense to put yourself at risk for something that is cosmetic," says Dr. Bohay, who has had women ask him to shorten one of their toes because their feet look bad in sandals. He always says no to cosmetic foot surgery, but fears another health-care practitioner will eventually say yes. "If someone wanted it badly enough, they could find someone to do it. It wouldn't be right, but they could find somebody."

In Canada, says Dr. Johnny Lau, president of the Canadian Orthopaedic Foot and Ankle Society, the problem exists but is less prevalent.

"It's done in the U.S. — shortening toes. I get people walking in occasionally (asking for the operation), but it is more common for Americans."

Dr. Lau — like other foot and ankle surgeons — only operates on people who are in pain or who can't function properly.

"I do turn people away," says Dr. Lau, who is an orthopaedic surgeon at University Health Network in Toronto.

Dr. Lau is an advocate of designing shoes that fit the majority of the population, with wider toe boxes, for instance. He also hopes women use common sense when buying shoes.

"Expectations to get into certain shoes are unrealistic," he says.

Ironically, those he does operate on — who may have painful bunions or clawfoot — usually developed their painful condition from wearing the wrong shoes.

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Healthy Habits Lead to Healthy Lives
Dr. David Lui
Dental Surgeon

But early detection is the problem. Seventy percent of the people diagnosed with oral cancer receive their diagnosis at a later stage. As a result, **while the mortality rate for many other forms of cancer has been declining, it has remained constant for oral cancer.**

It is hardly surprising to discover that smoking increases the risk of oral cancer. So too does regular consumption of alcohol. However, even non-smokers, non-drinkers over the age of 40 are at increased risk.

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Healthy living cuts premature death risk

RESEARCH Women who heed common sense health messages about smoking, diet and exercise can cut their risk of premature death in half, U.S. researchers said recently.

Many studies look at the impact of just one lifestyle change on overall health, but researchers at Harvard University wanted to see the total impact of a healthy diet, regular exercise, a healthy weight and a lifetime without smoking. REUTERS

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Monkeying around politics

The J Spot

In the jungle, female chimpanzees never rise to power. Which is why the current rise of female politicians like Hillary Clinton, Sarah Palin to the south and Elizabeth May here at home is so fascinating.

Before you think I'm trying to put lipstick on a monkey or implying that any of these women are apes, hear me out.

According to Dr. Frans de Waal, noted primatologist and author of Our Inner Ape, when you're a chimpanzee, achieving power is all about sex.

"A male can increase his reproductive success by having access to as many mates as possible," de Waal tells me over the phone from Atlanta, Ga., where he is professor of primate behaviour at Emory University. "It's not the same for females. Because they can only have one baby every six years, promiscuity doesn't increase her chances for reproduction."

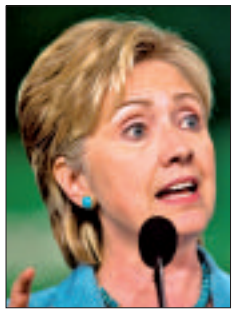
But while female chimps do not rise to power, female Bonobos on the other hand rule collectively. They band together to dominate males.

For woman to be successful they need to have female support, says de Waal. With someone like Hillary Clinton, who is past her reproductive years, this is easier as she is no longer competition to younger women still needing access to males to reproduce.

"(Republican vice-presidential nominee) Sarah Palin surprises me because of her age," says de Waal. "I'm curious to see what will happen. My guess is that women will see her as competition if men find her sexy."

When I wonder what he makes of Green party Leader Elizabeth May's recent power coup here in Canada, muscling her way into the leadership debate, de Waal says this was probably tolerated because ultimately, she is not seen as a threat.

GETTY IMAGES



Contrasting the current surge of women politicians, in the jungle, female chimpanzees never rise to power. Pictured: vice-presidential nominee Sarah Palin, left, Senator Hillary Clinton.

Election 2008

It will be interesting to see how the increasing number of women on the power playing field will play out.

When males, be they chimps or men, compete for power their body language conveys physical dominance. They stand tall and puff their chests out. How is that going to work with a female politician next to you?

"When (Democratic vice-presidential nominee Joe) Biden debates Palin, will he use his seniority and experience to humiliate her?" wonders de Waal. "As a society, we don't generally approve of older men humiliating younger women so will he have to be nicer to her than he would a male politician?"

According to the laws of the jungle, it may not fly.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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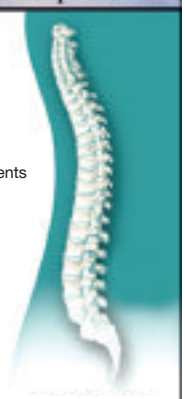

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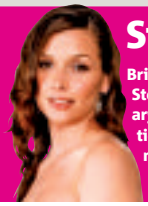
Dr. Watson goes to the Law

Jude Law is set to star in Sherlock Holmes as Dr. Watson. The actor is reportedly being lined up to appear opposite Robert Downey Jr. in Guy Ritchie's new movie based on the fictional detective. **FEMALEFIRST.CO.UK**

Entertainment



Stone's new love

Bridget Moynahan has been cast on Eli Stone as a love interest for the visionary title character. Thus far, the duration of Moynahan's run on the sophomore drama is unclear. TVGUIDE.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

DVD picks

Sex And The City

Director: Michael Patrick King
Rating: 18A

Sex and the City smartly picks up the threads the TV series left dangling when it signed off four years ago. All the main players are back — writer Carrie (Sarah Jessica Parker), sex-crazed Samantha (Kim Cattrall), sunny Charlotte (Kristin Davis) and Mensa-minded Miranda (Cynthia Nixon). They're no longer young women in their 20s and 30s, seeking "labels and love" in Manhattan, but mature women in their 40s (and beyond) negotiating the rocky shoals of life after singlehood. Genuine affection among the four women, and the pain and confusion that resides within their Victoria's Secret-clad bosoms, keeps the movie from being a feature-length ode to narcissism and greed. Oh, there's oodles to ogle — designer Patricia Field supplies upwards of 300 outfits — and there's even some sex. But SATC is more than just a fan dance around the heavy breathing and rampant consumerism. Some serious life issues being worked on result in a chick flick that's as satisfying as a steak and as much fun as a box of chocolates. The two-disc set extends the film by 12 minutes, with commentary by director Michael Patrick King.

METRO NEWS SERVICES

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Santogold takes control

BRYAN BORZYKOWSKI
for Metro Canada

For most people in the music industry, working at a major label with other bands is about as close as they'll come to rock 'n' roll glory. But, Brooklyn-based Santi White, a former A&R executive for Epic records, wouldn't settle for making other acts famous, she wanted to be in the limelight herself.

WARNER MUSIC PHOTO

Santogold's self-titled debut was released in Canada last week.

"I knew I had to do something more creative," says White, who plays under the moniker Santogold. "I didn't have the stomach for all the corporate political bulls--t. I started to get sick every time I walked into the Sony building."

With the daily grind getting to her White did the next logical thing for a music industry insider — she wrote her own album.

While her immense talent is the main reason everyone's talking about her debut self-titled disc, it helped that she knew the ins and outs of the music business. "It gave me the experience to know when to put my foot down," she says. "It enabled me to take control of my own project on many different levels, but while it's a lot more fun, it's way harder being on the other side. You don't get to leave the office at 6 p.m. every day."

Santogold's not complaining about her round-the-clock gig, it's just that she's one of the busiest new performers around.

There's a good reason the artist is in such high demand — by blending high energy indie rock, new wave and dance punk, White's created one of the most infectious rock records of the year. There's the intense club-ready Creator, which combines talkish vocals and wild electronic background noises, and the Stokes-meets-Tegan and Sara opener L.E.S. Artistes, but while the sounds are varied, the album's theme, which is generally about the need for the less fortunate to speak their mind, unifies the record.

"I write about things that are relevant to me, and it's impossible not to be influenced by the current social and political climate that is more than disturbing," she explains.

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VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication treatment for depression. The purpose of the study is to further our knowledge about the treatment of depression. Treatment duration is approximately 8 weeks and includes a physical exam, blood tests and a psychiatric interview. A 52 week extension of continuing treatment will be offered to those completing the study and eligible for extension. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed.	■	■
I am having difficult sleeping.	■	■
I am feeling low in energy and slowed down.	■	■
My appetite has changed.	■	■
I am experiencing feelings of guilt.	■	■
I have lost interest in work and pleasurable activities.	■	■
I feel hopeless about the future.	■	■
I feel tense and anxious.	■	■
I am having difficulty making decisions.	■	■
I am having trouble concentrating.	■	■

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What's up doc?
Actress Natascha McElhone is to star in a new movie about pioneering doctor James Miranda Barry, a woman who pretended to be a man in order to qualify as a doctor. IMDB.COM

Emmys come off as unsteady

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

GETTY IMAGES

Comedian Don Rickles

NOT SO QUIET DESPERATION: "Love TV and fear the Internet." These were the words director Barry Sonnenfeld pronounced as the music cue rose up and he rushed through the conclusion of his acceptance speech at Sunday night's Emmy Awards, after his win for the pilot of Pushing Daisies.

They are not the sorts of words you hear at a celebration of an industry that is healthy and confident and basking in what it knows for certain is its creative pinnacle.

The tone was unsteady from the start, from Oprah's surprisingly unsure delivery of her opening monologue, to the misfired timing by the show's five hosts just after that, a shambling, awkward routine that that was obviously supposed to play like a parody of unpreparedness, but felt a lot more genuine the longer it rolled on.

At some point, one of the five reality TV show hosts who tag-teamed the night's emcee duties obediently read from the teleprompter, "These have not been easy times in the world of TV — or in the world in general."

It was both true and utterly ridiculous — the industry falling back on its last reserves of self-importance to make their own crisis somehow equivalent to the financial and political anxiety dominating the headlines.

Mad Men ended up taking home just two Emmys, for writing and best dramatic show, and these will doubtless be spun as a groundbreaking victory for the show, creator Matt Weiner and its cable network home, AMC.

The really substantial winners, however, were HBO, who took home a trough full of awards for its historical miniseries John Adams, and Tina Fey, whose wins as writer, producer and actress comprised a coronation of sorts; by the time you read this, comparisons to Mary Tyler Moore will already have become accepted wisdom.

The star of the show wasn't Fey or any of the five hosts, but comedian Don Rickles — who ran roughshod over both the teleprompter and co-presenter Kathy Griffiths, then came back to accept his own Emmy — a relic from a mostly bygone showbiz era whose unsteady appearance masked timing and delivery that were as sharp as ever, and made everyone else on the stage that night seem plodding and inept.

It was inevitable that politics would be conspicuous in an election year, and hardly surprising that they materialized mostly as shots at either John McCain or Sarah Palin. Tommy Smothers mounted the soapbox after accepting an honorary Emmy, massaging the fine self-regard in which Hollywood holds itself with a breathless rant in which he congratulated it for being outspoken and confrontational, and which included the dread, sophomoric phrase "speaking truth to power."

If there was a Barack Obama joke anywhere in there, it must have been in some unbreakable code, woven into the breakneck time signature shifts of Josh Groban's musical medley of TV show themes.

Rick McGinnis writes about music, movies, books and television, but not opera.

Tire may have blown in jet crash

INVESTIGATION A plane crash which left ex-Blink-182 drummer Travis Barker and disc jockey DJ AM with burns, and killed four other people, may have been caused by a tire blowout, BBC News Online reports.

The Learjet left the runway on takeoff in Columbia, S.C., on Friday night, and crashed on a nearby road.

A safety official said a cockpit voice recording suggested the crew tried unsuccessfully to abort takeoff after hearing a probable blowout.

A doctor has said Barker and DJ AM are expected to fully recover after suffering second- and third-degree burns. They're in critical but stable condition in hospital in Augusta, Ga., Dr. Fred Mullins said.

METRO NEWS SERVICES

HineSight

Anne Hines

IN TOMORROW'S METRO

CBS wants more Flashpoint

DRAMA CBS has renewed the summer crime drama Flashpoint for a second season after the show hit a season high Thursday.

The show drew 9.7 million total viewers during its latest airing.

Season-to-date, it has been averaging 7.7 million viewers.

Actor Enrico Colantoni stars as the leader of a SWAT-like police team in Toronto.

REUTERS

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OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 9/23/08	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		East West 101 (N)		Chinese School (Part 1 of 5)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House		90210 (HDTV) (N)		Kitchen Nightmares (N)		News (N)
	-	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (SC)		Roxy (SC)	Filantes	Le Téléjournal (SC)		La Zone
	209	342	6	CHRO	Robson Arms	TMZ (N)	Old Christine	Old Christine	Fringe		Cold Case		News
	196	311	7	CTV	Hollywood	eTalk	Law & Order: SVU		Dancing With the Stars (HDTV) (Live)				News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser: Families (N)				Law & Order: SVU		News (N)
	117	713	10	TVA	KM/h (SC)	Vidéos	Histoires-filles	Caméra Café	La Promesse (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Catherine (SC)	10 façons	*Une ennemie si proche* (2005, Suspense) Megan Gallagher.				Cent dix pour cent (SC)		Vie de couple
	137	763	12	TFO	Panorama		Canada	Villages	*Les Fugitifs* ★★ (1986, Comédie), Anaïs Bret			Esprit	Carnets d'ex
	-	362	13	CBS	Dr. Phil (HDTV)		NCIS (N)		The Mentalist "Pilot" (N)		Without a Trace (N)		Two-Half Men
	216	395	14	OMN2	Cold Case "Superstar"		News (N)		News (N)		2Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Opportunity Knocks (N)		Privileged (HDTV) (N)		2Half Men	Role	News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	The Biggest Loser: Families (N)				Fashion Police: Emmy Awards		News (N)
	-	361	20	ABC	News (N)	Entertainment	Opportunity Knocks (N)		Dancing With the Stars (HDTV) (Live)				News (N)
	512	396	24	CPAC	Revue Politique		L'Heure politique		Sur la piste électorale		Sur la piste électorale		Tournée
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	House "Not Cancer" (N)		(9:01) Fringe (N)		News (N)		News
	-	-	64	PBS	Business Rpt.	Uncorked	Nova (HDTV) (DVS)		American Masters (N)				Tavis Smiley
	205	312	104	CTV	Hollywood	eTalk	Law & Order: SVU		Dancing With the Stars (HDTV) (Live)				News (N)
news	502	390	26	NW	CBC News: Around the World		Canada Votes: Your Turn		CBC News: The National		My Big Fat Diet		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	World Poker Tour		Boxing Jelena Mrdjenovich vs. Lakeysha Williams.				Sportsnet Connected (Live)		Hockey Central
	126	730	28	RDI	RDI en direct	Élections	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	MLB Baseball New York Yankees at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Cabby Unlimit	Stump-Schwab	World Series of Poker		Poker: Canadian Open		Score Tonight		Hockey Talk
	411	457	56	OLN	Ed's Up	Videos	Survivorman		Angry Planet	Surf Patrol	Don't Forget Your Passport		Pilot Guides
	417	406	59	SC	Pinks (HDTV)	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)
family	554	544	48	TEL	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad	Robot Chicken	Rick & Steve
	557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Prank Patrol	Mystery Hnt.
	570	580	29	MM	mmmtop	Where You At	Rags to Riches	News Special	Listed		Don't Forget the Lyrics!		Party of Five
cable variety	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner "Rebecca"		The Cleaner
	628	584	32	SPKE	CSI: NY "Consequences"		CSI: NY (HDTV)		CSI: NY "Sweet 16"		CSI: NY "Raising Shane"		CSI: NY
	521	560	34	TLC	Amazing Medical Stories		627 Lb Woman: Jackie's Story		Mystery Diagnosis		Dr. G: Medical Examiner		627 Lb Woman
	145	761	35	TV5	Toute une histoire		Pékin express: la route de l'Himalaya				Champ. nature	Humanima	Journal TV5
	616	521	39	SHO	About a Girl	About a Girl	The Best Years (DVS)		Trailer Park	Trailer Park	The Shield (N)		House
	620	523	40	BVO	Desperate Housewives		Live at the Rehearsal Hall		Buffy St. Marie		Celtic Roots	Side-Dick Dale	Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Smash Lab "CO2 Cop Car"		After the Catch (N)		Daily Planet
	575	583	43	CMT	Canada Countdown		CMT Star: Pets	CMT Star	Reba	Hope & Faith	Home Improve.	Home Improve.	CMT30
	601	562	45	SLC	End of Leash	ET Canada	Nearly Dead	In Laws	Rich Bride, Poor Bride		Plastic-Perfect	Matchmaker	Nearly Dead
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Jon Dore Show	Daily Show
	294	529	47	TBS	MLB Baseball Atlanta Braves at Philadelphia Phillies. From Citizens Bank Park in Philadelphia.						Family Guy	Family Guy	Seinfeld
	600	564	49	H&G	House Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes-Homes
	627	528	50	SPC	Lost		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall	The Circuit	Stargate SG-1
	581	566	53	MTV	Busted	After	Canada's Next Top Model		Making the Band 4		From G's to Gents (N)		MTV Live
	618	524	54	TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	522	506	55	HIS	NCIS		The Worst Jobs in History		Tony's Law		NCIS		Crime Stories
	129	773	60	CD	Excès de stars		Mayday (HDTV)		Images-chocs		Un tueur si proche (HDTV)		Leçon d'anat
	261	394	61	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		The Aga Khan		MythQuest
	602	567	62	W	Will & Grace	Friends	Coleen's Real Women		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	269	350	70	APTN	Closer-Home	Great Towns	Wapos Bay	Rez Rides	Fish Out of	Mixed Blessing	First Nation	Rabbit Fall	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	eTalk	Paparazzi Paparazzi.		Paris Casting Special		TMZ
	603	561	95	FN	Grill It-Flay	Licence to Grill	Restaurant Makeover		HEAT-McEwan	HEAT-McEwan	Top Chef		Top Chef

critics'corner

The Mentalist
"Psych" meets "House," in this new drama series. Aussie hunk Simon Baker ("The Devil Wears Prada") plays Patrick Jane, a protocol- and boundary-challenged consultant to the California Bureau of Investigation. His mad observational skills are so keen that he could pass for a psychic, and in fact, he has. Robin Tunney plays his boss, Dr. Lisa Cuddy — er, make that Senior Agent Teresa Lisbon, who's driven nuts by Patrick's antics but has to admit he's good at his job. 9 PM on 13 CBS

Opportunity Knocks
Just how well do you know your own family members? In the series premiere of Ashton Kutcher's new game show, a team travels the country to test how well family members know each other. That's right, at any moment a truck filled with the set of a game show could set up shop in your front lawn — then ply you with cash and prizes based on your knowledge of sister Sue's favorite color. You might want to mow. 8 PM on 20 ABC 15 CITY

Shrek on stage

Shrek: The Musical, based on the hit movie monster, has opened in Seattle and has proved so popular that producers are looking to take it to Broadway in New York. IMDB.COM

Celebrity Buzz

Scarlett: I'm not a statue

PEOPLE Scarlett Johansson wants everyone to know she's not a tourist attraction, PageSix.com reports.

The actress and fiancé Ryan Reynolds hit a New York night spot the other night "wearing matching bowler hats," a source said.

Even though Johansson was "dressed down in a black blazer and jeans," the doorman recognized her.

The source said that "the doorman asked to take a photo with Scarlett" but that she snapped, "I'm not the Statue of Liberty," before heading inside.

METRO NEWS SERVICES

Jada's in charge when it comes to discipline

PARENTING Jada Pinkett Smith has revealed she is the disciplinarian to her three children — because husband Will Smith is so easy-going, imdb.com reports.

The Hollywood couple has three children together, Trey, Jaden and Willow, and the actress admits she is the one who has to get tough with them.

"He's (Smith) so lenient on that stuff. Daddy tends to (say), 'Yeah! Have chocolate cake for dinner! It's all right with me.' I'll come home and it's just, 'Has anyone had lunch?' 'Yeah, I had some Frosted Flakes!'" she tells People.com.

But the star admits it's not a tough regime in the Smith household.

"We're not strict but we definitely believe it's a very important component for rearing children," Pinkett Smith adds. "It creates safety for them. They understand that they need guidance."

METRO NEWS SERVICES

celebrity brief

Delany avoids weight-loss 'disease'

PEOPLE Desperate Housewives actress Dana Delany does not worry about staying thin, because she has seen her skinny co-stars reportedly become hung up on losing weight, imdb.com reports. The actress appeared in the fourth season of the ABC show last summer and has now become a regular character in Season 5.

Delany admits that when she first joined the cast, she was taken aside by one of the wardrobe designers and warned not to fall prey to the pressure of staying slim.

"When the costume designer said to me, 'Don't get the Desperate Housewives disease' I didn't know what it was," she says. "But she said everyone loses so much weight when they come on the show. There is an unspoken competitive weight-loss thing. Even the actress who plays my daughter lost 10 pounds."

But Delany insists that she didn't fall prey to the "disease" and actually gained weight during her stint on set.

METRO NEWS SERVICES

Did Moss's partying ways cost her a boyfriend?

PEOPLE Model Kate Moss is "gutted" after reportedly splitting with rocker boyfriend Jamie Hince, imdb.com reports.

The 34-year-old has endured a rocky relationship with the Kills frontman, and the model's reported party-loving lifestyle is apparently to blame for the split.

"Kate is gutted because she really loves Jamie. They had even talked about marriage and kids," a source tells Britain's Daily Star newspaper. "But she is not ready to change her lifestyle and probably never will. I doubt any man could tame her because that's who she is. Jamie told her he was fed up with her reluctance to stop partying and she just flipped. They just can't agree on it and it had become too much."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

celebrity briefs

Beckham not such a Posh shopper

PEOPLE Victoria Beckham buys her clothes from flea markets, femalefirst.co.uk reports. The former Spice Girl can't resist buying second hand clothes, and admits her own designs are often inspired by her finds.

"I don't really go shopping any more, apart from the flea market I go to every Sunday. You can get some amazing vintage stuff there," said Beckham. "That's often where I get inspiration for my designs."

The 34-year-old, who has often been criticized for her slim physique, has also revealed she is eating and exercising more.

Beckham added she has learned to deal with negative comments and is "proud" of what she has achieved in her life.

"I don't really give a s--t what people think of me. I'm more grown up now and I've learned not to care so much what people say."

METRO NEWS SERVICES

Catherine keeps herself out of the kitchen

PEOPLE Actress Catherine Zeta-Jones has a simmering secret — she is useless in the kitchen, imdb.com reports.

Zeta-Jones, married to actor Michael Douglas, confesses she can't cook even a simple meal without the aid of a microwave.

She says she is so bad at baking that she once nearly set her kitchen on fire.

"I'm a terrible cook," the actress tells Sky Movies magazine.

"I can microwave chicken nuggets well … I actually burnt a pan once. There wasn't a fire but it was smoking and I got a little scared. So that was the first and last time I tried to cook."

METRO NEWS SERVICES

The Weather Network
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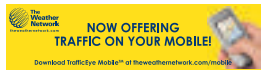
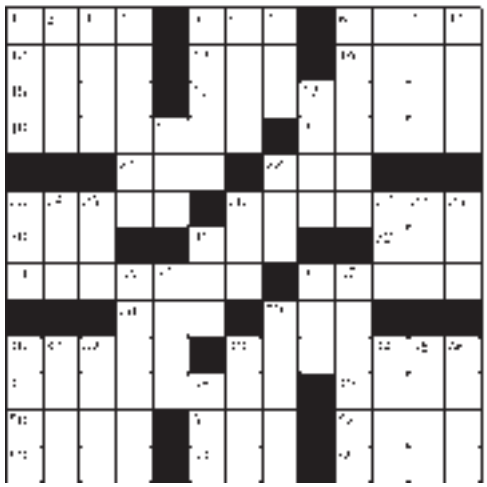
Today Sunny 19° / 8°
Wednesday Partly cloudy 21° / 10°
Thursday Partly cloudy 22° / 10°



Take Five



Crossword across

1 Ballet leap
5 Suitcase
8 Dad
12 On
13 Before
14 "American —"
15 New Mexican tribe
16 Do figure eights, e.g.
18 Slaloms
20 Analyze grammar
21 Rhyming tribute
22 "A mouse!"
23 Bolivian metropolis
26 "Have a —!"
30 "— Yankee Doodle ..."
31 Enthusiast
32 Eggs
33 Sovereign's representative
36 Slumber
38 Mouth part
39 Coloring
40 Reacted to fireworks
43 Emulator
47 Result of "once bitten"
49 Uninteresting
50 Campsite structure
51 Storm center
52 Cupid's alias
53 Probability
54 Foolish one
55 Anger

Crossword down

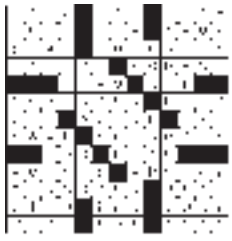
1 Satchmo's specialty
2 Needle case
3 Grip ice from a bucket
4 External parasites
5 Ecru
6 Curved lines
7 "Golly!"
8 Jasmine relative
9 Hebrew month
10 Cookware
11 Sheltered
17 Detail, for short
19 Wood-shaping tool
22 One (Ger.)
23 Actress Ullmann
24 Parisian pal
25 — -10 Conference
26 Aye canceler
27 Female deer
28 "Hail, Caesar!"
29 Shrill bark
31 Dandy
34 Votes into office
35 Carnival attraction
36 Morning star
37 "... nor a — be"
39 19th president
40 Director Preminger
41 Didn't pay yet
42 Rear
43 Wherefores' partners
44 Atmosphere
45 Online journal
46 Otherwise
48 Vast expanse

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	2			4		3		9
5				9	6			
			7					5
			6	2	4	1	9	
				7				
	6	7	1	5	3			
1					5			
			4	1				8
4		8		3			7	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	7	8	2	9	5	1	3	4
4	2	5	1	3	6	7	8	9
9	3	1	8	7	4	6	2	5
3	6	7	9	1	2	5	4	8
2	1	4	7	5	8	9	6	3
5	8	9	6	4	3	2	7	1
1	4	3	5	2	7	8	9	6
7	5	6	4	8	9	3	1	2
8	9	2	3	6	1	4	5	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

COOK SMART FOR A HEALTHY HEART

Low-fat Barbecued "Ribs"

Meat doesn't get much fattier than pork ribs, but you can get the same flavour by substituting pork tenderloins and cut the fat by 90 per cent.

INGREDIENTS:
2 pork tenderloins (about 340 grams each), trimmed of fat
1 medium red onion, chopped
1 medium red bell pepper, seeded and chopped
3 cloves garlic, minced
1 cup ketchup
1/2 cup chili sauce
1/4 cup unsulfured molasses
3 tablespoons Worcestershire sauce
2 tablespoons light brown sugar
2 teaspoons chili powder
2 teaspoons mustard powder
Hot red pepper sauce, to taste

METHOD:
1. Soak four 30-cm (12-in.) wooden skewers in water for 30 minutes. Butterfly pork, cut into "ribs" and thread onto skewers. Cover and refrigerate.
2. Place oven rack in the upper third of oven and preheat to 230°C (450°F). Spray a jellyroll pan with cooking spray. Spread vegetables in the pan. Roast, tossing frequently, until brown and tender, about 15 minutes.
3. Transfer to a food processor. Add ketchup, chili sauce, molasses, Worcestershire, sugar, chili powder, and mustard, and red pepper sauce. Puree. Pour into a saucepan. Cover and cook over medium-low heat, stirring occasionally, until bubbling. Remove 1-cup sauce for basting and keep remaining sauce hot.
4. Spray barbecue grill generously with cooking spray and preheat to medium. Baste both sides of pork with sauce. Grill until cooked through, turning and basting every 4 minutes. Serve with the remaining sauce on the side.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Take the time to shoulder the burden of a bad choice. Failure will cause a loss of respect. An elder will have an excruciating episode.

TAURUS ♉
APRIL 21-MAY 21
Reduce unnecessary duties or you'll be wiped out. You'll have an impact on strangers. A difficult person will relax after an explanation is given.

GEMINI ♊
MAY 22-JUNE 21
Don't discuss money with a stubborn person. Normalcy returns after a new romantic attempt. Reveal your feelings to someone who is curious.

CANCER ♋
JUNE 22-JULY 22
Adventure plays a part in the outcome of problems. A fantastic situation will open your eyes. A delayed call back disturbs the night.

LEO ♌
JULY 23-AUG 23
Shaky emotions will force you to speak your mind. A distressed friend is going through a separation. Teach someone the benefits of friendship.

VIRGO ♍
AUG 24-SEPT 22
A loved one wants to argue every point. Remain calm when a disturbing crash is heard. Your passion creates unity at a gathering.

LIBRA ♎
SEPT 23-OCT 23
You'll surprise everyone by taking fearless action. You need hours to just putter around. An endearing buddy doles out kindness and love.

SCORPIO ♏
OCT 24-NOV 22
Verify a story before confronting a bad guy. Sneakiness gives you a reason to wonder. Mistakes are made because of pride.

SAGITTARIUS ♐
NOV 23-DEC 21
Help others to avoid falling for a practical joke. Someone is missing due to illness. You'll be concerned about attention-seeking.

CAPRICORN ♑
DEC 22-JAN 20
Confusion is the basis for a discussion. Don't walk away from a predicament. A phone call can give you comic relief.

AQUARIUS ♒
JAN 21-FEB 18
Pamper yourself as soon as possible. An unwelcome invitation will be refused. You won't get flustered by anything.

PISCES ♓
FEB 19-MARCH 20
Your mood and persona is dynamic. Emotional issues cannot be ignored. Surrendering to selflessness can make you psychic.

This day in history

SEPT. 23, 1845: The Knickerbockers Baseball Club, the first baseball team to play under the modern rules, is founded in New York.
SEPT. 23, 1846: Discovery of Neptune.
SEPT. 23, 1889: Nintendo Koppai (later: Nintendo Company, Limited) founded by Fusajiro Yamauchi to produce and market the playing card game Hanafuda.
SEPT. 23, 1972: Philippine President Ferdinand Marcos announces the implementation of martial law and signs General Order No. 1 which orders the arrest of opposition leaders, media censorship, banning travel to other countries, abolishing the Philippine Congress, establishing dictatorial government, take-over or sequestering of public and private corporations. METRO NEWS SERVICES

Office Cleaner

We are looking for a mature female individual who is hardworking, honest, reliable, and has at least 5-10 years experience of working in office buildings, for the full time positions as an office cleaner.

References, health certificate and police check will be required.

Please contact Alice
613-878-9212 between 8pm to 9pm.

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BEAUTY *at the Bay*